

Career & Life Planning

Career and life planning courses help students make effective decisions regarding their career and life choices, and they provide the tools and techniques for developing a balanced, integrated lifestyle.

Students gain self-understanding and develop techniques for successful career development and employment searches. The courses emphasize increasing self-knowledge, exploring potential majors and career paths, organizing successful job searches, and developing effective workplace behaviors and attitudes.

Contact Information

Chair: Stacey Mathis

Dean: Benjamin Gamboa

[https://www.miracosta.edu/student-services/career-](https://www.miracosta.edu/student-services/career-center/index.html)

[center/index.html](https://www.miracosta.edu/student-services/career-center/) (<https://www.miracosta.edu/student-services/career-center/>)

Department: Career Studies and Services

Office: Oceanside, Building 14, Second Floor, 760.795.6772

Full-Time Faculty

Stacey Mathis

Courses

CRLP 101: Introduction to Career Planning

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the career planning process. It explores the student's interests, values, skills, and personality preferences as they relate to potential career and major options. Topics include career research, decision-making styles, goal setting, and job search strategies. The course emphasizes the process for actively managing one's own career journey.